

## UTS Prompt Sheet



**After reading the detailed version of the UTS, use this prompt sheet as a reminder.** This prompt sheet assumes the client has already identified their problem or issue (clutter, procrastination, being stuck, weight, debt, desire to be a better \_\_\_\_\_(mom, tennis player, singer, comedian, red-neck, etc.)

### **First:**

Write out a simple sentence that represents the most positive outcome (or goal) for one thing you want to improve, accomplish or eliminate you have. **Example:** “I want to earn \$150,000 a year.” “I want to do everything in a timely basis, completing it on or before it’s due.” “I want to publish a wildly successful book, which remains on the best seller list for 6 weeks or more.”

### **Second:**

Identify WHY you want to achieve your goal –**how will your life will be different when you achieve it.** **Example:** “I’ll have financial security, can go to Egypt, and buy my parents a car.”

### **Third:**

Describe the emotions of how you will feel when you have achieved your goal. **Example:** I’ll feel confident, accomplished, happy, and have peace of mind (name everything you can think of.)

### **Fourth:**

Turn the first three elements into a powerful, positive-phrased, first person, present tense statement. i.e. “I feel great about myself and have a sense of accomplishment now that my book is a success...etc.” (add all of the positive elements, your feelings and the results you want.)

### **Fifth:**

Once the statement is complete assign it a “believability quotient” from 1 to 10 with 10 representing the ultimate goal, and 1 meaning you just can’t believe it at all. The ideal Ultimate Truth Statement will always be at a 10. This would be how much you own it now (not how much you *want* it to be true.)

Do a Reversal Neutralization on your UTS, to neutralize the subconscious part of you that’s resistant to achieving it. **Example:** Even though I don’t deserve (or want) to earn \$150,000, I love and accept myself anyway...)

### **Sixth:**

Determine the causes of the disparity between where you are and where you want to be. What’s going through your head about it? **Example:** Fear of failure...or success, belief it’s too

hard, I don't know how to make it happen, belief or fear it'll never work, what will others think, etc.

**Seventh:** Set aside the UTS for now and work on the blocks in your way of getting what you want. Once you identify the obstacles, assign them an intensity number (Back to regular EFT now with 10 being bad and zero when it's gone.) **Then** bundle your fears, beliefs or other obstacles together, give them a strength number and tap them away.

**Be sure to start with a Neutralization “Even though I don’t want to let go of these obstacles, they keep me safe, keep my from trying and keep me from failing, I love and accept who I am anyway.” 3 times.**

**Eighth:**

When the obstacles are at a zero, go back to your UTS and see if the number has gone up on the scale to more believability. If you are not at a 10 yet, just tap on any remaining resistance to owning your UTS.

**Last:** When you're at a 10 on your UTS, use “*Empowering EFT*” to complete the process. Do two rounds of positive affirmations using phrases from your UTS. **Example:** I deserve to make \$200,000, I'm resourceful, I allow myself to feel comfortable being wealthy. I want that security, etc. Add the magic phrases at the beginning of “Thank you Universe for...” and at the end with “...and I'm so glad this whole process was fun, quick and easy.”